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# MEAL REQUIREMENTS

# CHILD CARE FOOD PROGRAM

MONTANA DEPARTMENT OF HEALTH AND ENVIRONMENTAL SCIENCES

JULY 1, 1981

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The nutrition component of the Child Care Food Program includes service of required meal components, safe and economical food management, and provision of certain standards of nutritional health care for children. The attached materials are our state requirements on meal components effective July 1, 1981. Any amendments to these policies will be provided to you in writing. These materials are intended for use in conjunction with Federal regulations concerning meal components (Public Law 95-627, 7 CFR Part 226.21, Requirements for Meals) and other USDA Food and Nutrition Service program aids for the Child Care Food Program.

Beginning July 1, 1981, meals served to enrolled children and claimed for reimbursement on the Child Care Food Program must be in compliance with these meal requirements. If for any reason these meal requirements are not met, do not claim that meal for reimbursement. This will be evaluated carefully in the State agency administrative review of your Child Care Food Program.

Substitutions may be made in the required meal components for the program if individual participating children are unable, because of medical or other special dietary needs, to consume such foods. Substitutions because of medical needs shall be made only when supported by a statement from a medical director or registered dietitian which includes recommended alternate foods. The institution must keep on file written documentation of such substitutions.

In no case may one food be counted toward meeting two required components in the same meal. Example: If beans are counted as a vegetable, those same beans may not also be counted as a meat alternate in the same meal. However, combination foods (foods with several different ingredients) may meet more than one meal component.

Sponsoring organizations desiring to publicize and enforce restrictions or limitations on the service of certain foods beyond that which the State Agency permits, must have a registered dietitian's written approval of such plans before they are published.

Some meal requirements exist for a particular reason, and not always a nutritional or economic reason. We have included notes about some of the more controversial meal requirements at the end of each section to address the most commonly asked questions.

New food products, new ingredients and new recipes appear every day. New program participants raise questions previously unasked. As you work daily with these meal requirements, new ideas will occur to you. We invite your comments, questions and ideas at any time. These should be directed to:

Public Health Nutritionist
Maternal and Child Health Bureau
Department of Health and Environmental Sciences
Cogswell Building
Helena, Montana 59620
Telephone: (406) 449-2554

| MEAT OR MEAT ALTERNATE | Infants 0-4 months | Infants 4-8 months | Infants 8-12 months | Child 1-3 years | Child 3-6 years | Child 6-12 years |
|---|---|---|---|---|---|---|
| LEAN MEAT OR FISH OR POULTRY | | | | | | |
| Strained | - | Lunch, Supper 0-1 tbsp | Lunch, Supper 1-4 tbsp | - | - | - |
| Beef<br>Chicken<br>Cornish Hen<br>Duck<br>Fish<br>Goose<br>Giblets<br>Ham<br>Heart<br>Kidney<br>Liver<br>Pork<br>Shellfish<br>Tuna<br>Turkey<br>Veal<br>Wild game meat | | | | Lunch, Supper 1 oz; Supplement 1/2 oz | Lunch, Supper 1½ oz; Supplement 1/2 oz | Lunch, Supper 2 oz; Supplement 1 oz |
| FRANKFURTERS, BOLOGNA, OR SAUSAGE (excluding meat by-products, cereals or extenders) | - | - | - | Lunch, Supper 2 oz; Supplement 1 oz | Lunch, Supper 3 oz; Supplement 1 oz | Lunch, Supper 4 oz; Supplement 2 oz |
| BEANS OR PEAS OR LENTILS - dried, cooked | - | Lunch, Supper 0-1 tbsp | Lunch, Supper 1-4 tbsp | Lunch, Supper 1/4 c Supplement 1/8 c | Lunch, Supper 3/8 c Supplement 1/8 c | Lunch, Supper 1/2 c Supplement 1/4 c |
| PEANUT BUTTER | - | - | - | Lunch, Supper 2 tbsp; Supplement 1 tbsp | Lunch, Supper 3 tbsp; Supplement 1½ tbsp | Lunch, Supper 4 tbsp; Supplement 2 tbsp |

| MEAT OR MEAT ALTERNATE | Infants 0-4 months | Infants 4-8 months | Infants 8-12 months | Child 1-3 years | Child 3-6 years | Child 6-12 years |
|---|---|---|---|---|---|---|
| EGG YOLK | - | Lunch, Supper 0-1 tbsp | - | - | - | - |
| EGGS, large | - | - | Lunch, Supper 1/2 egg; Supplement 1/2 egg | Lunch, Supper 1 egg; Supplement 1/2 egg | Lunch, Supper 1 egg; Supplement 1/2 egg | Lunch, Supper 1 egg; Supplement 1 egg |
| CHEESE | | | | | | |
| Natural or process | - | Lunch, Supper 0-1/2 oz | Lunch, Supper 1/2-2 oz | Lunch, Supper 1 oz; Supplement 1/2 oz | Lunch, Supper 1½ oz; Supplement 1/2 oz | Lunch, Supper 2 oz; Supplement 1 oz |
| Cottage | - | Lunch, Supper 0-1 oz | Lunch, Supper 1-4 oz | Lunch, Supper 1/4 c; Supplement 1/8 c | Lunch, Supper 3/8 c; Supplement 1/8 c | Lunch, Supper 1/2 c; Supplement 1/4 c |
| Parmeson | - | - | - | Lunch, Supper 3/8 c; Supplement 2 tbsp | Lunch, Supper 5/8 c; Supplement 2 tbsp | Lunch, Supper 3/4 c; Supplement 2 tbsp |
| Ricotta | - | Lunch, Supper 0-1 oz | Lunch, Supper 1-4 oz | Lunch, Supper 2 oz; Supplement 1 oz | Lunch, Supper 3 oz; Supplement 1 oz | Lunch, Supper 4 oz; Supplement 2 oz |
| CHEESE FOOD OR CHEESE SPREAD | - | Lunch, Supper 0-1 oz | Lunch, Supper 1-4 oz | Lunch, Supper 2 oz; Supplement 1 oz | Lunch, Supper 3 oz; Supplement 1½ oz | Lunch, Supper 4 oz; Supplement 2 oz |

Lean meat means edible portion, as served, excluding bone and visible fat. A serving of cooked poultry or turkey includes meat and skin as normally served. Canned meats, poultry or fish must be their drained weight.

Bacon (all types) meets no Program requirements.

Peanuts, walnuts, pecans, sunflower seeds, almonds, or any other kind of nuts may not be substituted for peanut butter. Nuts do not meet any program meal requirements.

An egg means a large egg or equivalent amount. Fresh shell eggs, frozen whole eggs, or dried whole reconstituted eggs count as meat alternate, served separately or used in cooking.

Yogurt, cream cheese or cream dips do not count as meat alternate.

Highly salted and/or oily foods are unsuitable for infants.

Children ages 12-18 may be served adult-sized portions based on the greater food needs of older girls and boys, but shall be served not less than the minimum quantities specified in this section for children ages 6-12.

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| FRUITS AND VEGETABLES | Infants 0-4 months | Infants 4-8 months | Infants 8-12 months | Child 1-3 years | Child 3-6 years | Child 6-12 years |
|---|---|---|---|---|---|---|
| Strained fruits and/or vegetables | - | Lunch, Supper 1-2 tbsp | Lunch, Supper 3-4 tbsp | - | - | - |
| Apples | | | | Breakfast 1/2 c; Lunch, Supper 1/4c total Supplement 1/2 c | Breakfast 1/2 c; Lunch, Supper 1/2c total Supplement 1/2 c | Breakfast 1/2 c; Lunch, Supper 1/2c total Supplement 3/4 c |
| Applesauce | | | | | | |
| Apricots | | | | | | |
| Asparagus | | | | | | |
| Avocados | | | | | | |
| Bananas | | | | | | |
| Beans | | | | | | |
| Bean sprouts | | | | | | |
| Beets | | | | | | |
| Blackberries | | | | | | |
| Blueberries | | | | | | |
| Broccoli | | | | | | |
| Cabbage | | | | | | |
| Cantaloupe | | | | | | |
| Cauliflower | | | | | | |
| Celery | | | | | | |
| Cherries | | | | | | |
| Chives | | | | | | |
| Collards | | | | | | |
| Corn | | | | | | |
| Cranberries | | | | | | |
| Cucumbers | | | | | | |
| Currants | | | | | | |
| Eggplant | | | | | | |
| Elderberries | | | | | | |
| Endive | | | | | | |
| Escarole | | | | | | |
| Figs | | | | | | |
| Fruit cocktail | | | | | | |
| Grapefruit | | | | | | |
| Grapes | | | | | | |
| Honeydew melon | | | | | | |
| Kale | | | | | | |
| Kohlrabi | | | | | | |
| Leeks | | | | | | |
| Lentils | | | | | | |
| Lettuce | | | | | | |
| Loganberries | | | | | | |
| Mangos | | | | | | |
| Mustard greens | | | | | | |
| Mushrooms | | | | | | |
| Nectarines | | | | | | |
| Okra | | | | | | |
| Olives | | | | | | |
| Onions | | | | | | |
| Oranges | | | | | | |

| FRUITS AND VEGETABLES | Infants 0-4 months | Infants 4-8 months | Infants 8-12 months | Child 1-3 years | Child 3-6 years | Child 6-12 years |
|---|---|---|---|---|---|---|
| Parsnips<br>Papaya<br>Parsley<br>Passion fruit<br>Peaches<br>Pears<br>Peas<br>Peppers, green<br>Persimmons<br>Pineapple<br>Plums<br>Plantains<br>Potatoes<br>Prunes<br>Pumpkin<br>Radishes<br>Rhubarb<br>Rasberries<br>Rutabagas<br>Sauerkraut<br>Soybeans<br>Spinach<br>Squash<br>Strawberries<br>Tangerines<br>Tomatoes<br>Turnips<br>Watercress<br>Water chestnuts<br>Watermelon<br>Yams | - | | | | | |
| Juices, fruit, full-strength or 100% | - | Supplement 2-4 fl oz | Breakfast, Lunch, Supper 0-3 fl oz; Supplement 2-4 fl oz | - | - | - |
| Juices, fruit and /or vegetable, full-strength or 100% | - | - | - | Breakfast 1/2 c Lunch, Supper 1/8 c; Supplement 1/2 c | Breakfast 1/2 c Lunch, Supper 1/4 c; Supplement 1/2 c | Breakfast 1/2 c Lunch, Supper 3/8 c; Supplement 3/4 c |

For lunch and supper, two or more kinds of fruits and/or vegetables must be served. Juice may be counted to meet not more than one-half of this requirement.

Gelatin, artificially flavored or sugar-added popsicles, jam, jelly, preserves, coconut, catsup, syrup, pickles, potato chips, corn chips, fruit- or vegetable-flavored breads bread alternates, commercial sweetened fruit-flavored fillings or puddings or toppings or custards or desserts, and commercial salad dressings do not count toward any meal requirements.

Dried fruits and/or vegetables count toward the fruit and vegetable meal requirement. Serve one-half the amount required for the fresh fruit or vegetable.

Seeds and peelings should be removed from fruits and vegetables for those children who cannot do so for themselves.

Homemade sauces may be made from a variety of fruits and/or vegetables. Spices may be added for flavorings. No water, sugar, salt or colorings may be added.

Tomato paste (reconstituted at 3:1 ratio) and tomato puree (reconstituted at 1:1 ratio) may be used to meet the fruit and vegetable requirement. Tomato sauce is counted to be equivalent to fresh tomato.

By definition, a juice is a product obtained from the extraction of the sound fruit which is undiluted. The product name must be "full-strength juice" or "100 percent juice" to be counted as juice. A juice concentrate, when reconstituted to not less than the soluble solids that such juice had before concentration, can be counted as juice.

Kool-aid, soda pop, lemonade, nectars, fruit powders, punches, juice drinks and beverage cocktails are not juices by the above definition, and therefore do not count toward the fruit and vegetable requirement.

Juices are not to be fed from a bottle. Feed juices only from a spoon or cup.

Alcoholic beverages are strictly prohibited as a beverage or as an ingredient in food served to children.

Fruits and/or vegetables (raisins, bananas, carrots, zucchini, dates, etc.) contained in bread or bread alternate products, and served as bread or bread alternate, do not count toward the fruit and vegetable meal requirement.

Children age 12-18 may be served adult-sized portions based on the greater food needs of older boys and girls, but shall be served not less than the minimum quantities specified in this section for children ages 6-12.

| BREADS AND BREAD ALTERNATES | Infants 0-4 months | Infants 4-8 months | Infants 8-12 months | Child 1-3 years | Child 3-6 years | Child 6-12 years |
|---|---|---|---|---|---|---|
| GROUP I: BREADS, ROLLS AND QUICK BREADS | | | | | | |
| ¼ serv = 7 gm = 0.2 oz<br>½ serv = 13 gm = 0.5 oz<br>¾ serv = 19 gm = 0.7 oz<br>1 serv = 25 gm = 0.9 oz | | Crusty bread suitable for infants | Crusty bread suitable for infants | | | |
| Bagels<br>Biscuits<br>Boston Brown Bread<br>Buns<br>Cornbread<br>Cracked Wheat Bread<br>English muffins<br>French or Vienna Bread<br>"Fry" Bread<br>Italian Bread<br>Muffins<br>Pretzels, soft<br>Pumpernickel<br>Rolls<br>Rye Bread<br>Sourdough Bread<br>Stuffing, bread<br>Syrian Flat Bread<br>White Bread<br>Whole Wheat Bread | - | Supplement 0-1/4 slice | Supplement 0-1/4 slice | Meals 1/2 slice or 1/2 serving | Meals 1/2 slice or 1/2 serving | Meals 1 slice or 1 serving |
| GROUP II: CRACKERS AND LOW MOISTURE BREADS | | Cracker products suitable for infants | Cracker products suitable for infants | | | |
| Bread sticks, dry<br>Graham crackers<br>Melba toast<br>Rye crackers<br>Saltine crackers<br>Soda crackers<br>Taco shells<br>Zwieback | - | Supplement 0-2 crackers | Supplement 0-2 crackers | Meals 1/2 oz | Meals 1/2 oz | Meals 1 oz |

| BREADS AND BREAD ALTERNATES | Infants 0-4 months | Infants 4-8 months | Infants 8-12 months | Child 1-3 years | Child 3-6 years | Child 6-12 years |
|---|---|---|---|---|---|---|
| GROUP III: OTHER ITEMS<br><br>¼ serv = 8 gm = 0.3 oz<br>½ serv = 15 gm = 0.5 oz<br>¾ serv = 22 gm = 0.8 oz<br>1 serv = 30 gm = 1.1 oz | | | | | | |
| Dumplings<br>Hush Puppies<br>Pancakes<br>Pie Crust<br>Pizza crust<br>Popovers<br>Sopaipillas<br>Spoonbread<br>Tortillas<br>Turnover crust<br>Waffles<br>Donuts, plain | - | - | Meals 0-1/4 serving | Meals 1/2 serving | Meals 1/2 serving | Meals 1 serving |
| GROUP IV: CEREAL GRAINS, cooked | | Iron fortified to 12 mg/oz | Iron fortified to 12 mg/oz | | | |
| | - | Breakfast 1-3 tbsp<br>Lunch, Supper 1-2 tbsp | Breakfast 2-4 tbsp<br>Lunch, Supper 3-4 tbsp | Meals 1/4 c | Meals 1/4 c | Meals 1/2 c |
| CEREALS, dry, ready-to-eat, 6 gm or less sucrose and other sugars per ounce of cereal | - | Iron fortified to 12 mg/oz | Iron fortified to 12 mg/oz | | | |
| | | Supplement 0-1/4 c or 0-1/3 oz | Supplement 0-1/4 c or 0-1/3 oz | Breakfast 1/4 c or 1/3 oz<br>Supplement 1/4 c or 1/3 oz | Breakfast 1/3 c or 1/2 oz<br>Supplement 1/3 c or 1/2 oz | Breakfast 3/4 c or 1 oz<br>Supplement 3/4 c or 1 oz |
| RICE, SPAGETTI, MACARONI, NOODLES (egg), LASAGNA, AND OTHER PASTA, cooked | - | - | Meals 0-1/4 c | Meals 1/4 c | Meals 1/4 c | Meals 1/2 c |

"Flour" is the product derived by finely grinding and bolting (sifting) wheat or other grains. Flour includes all grains (wheat, rye, corn, etc.).

"Meal" is the product derived by coarsely grinding corn or oats.

"Enriched" means that the product conforms to the Food and Drug Administration's Standard of Identity for levels of iron, thiamin, riboflavin and niacin. The terms "enriched," "fortified," or similar terms may be used interchangeably to indicate the addition of one or more vitamins or minerals or protein to a food, unless an applicable Federal regulation requires the use of specific words or statements.

"Whole grain" flour or meal is the product derived by grinding the entire grain. If a flour or meal does not contain the germ, it is not whole-grain.
NOTE: Because whole-grain conrmeal or corn flour is lower in nutrients than enriched cornmeal, it is recommended that enriched cornmeal be used rather than the whole-grain meal.

The following criteria were used in determining the minimum weight of one serving:

1. Nutrient content equivalent to the iron, thiamin, riboflavin and niacin content in a 25 gram (0.0 oz) serving of enriched white bread:

| | |
|---|---|
| Iron | 0.44 to 0.69 mg |
| Thiamin | 0.10 mg |
| Riboflavin | 0.06 mg |
| Niacin | 0.08 mg |

2. Practicality of serving size

3. Total solids content of the item

All breads or bread alternates shall be made with whole-grain or enriched meal or flour; cereal shall be whole-grain or enriched.

Dry, ready-to-eat cereals must have 6 gm or less sucrose and other sugars per oz cereal to count as bread alternate. Dry, ready-to-eat cereals and cereal grains may be served as cereals for breakfast and supplements only. Dry, ready-to-eat cereals and cereal grains may be used as an ingredient in a bread or bread alternate product and count toward meeting that requirement.

Bread stuffing applies to the bread in the stuffing.

Cereal gains fortified to 12 mg/oz with iron is equivalent to 45% of the Recommended Dietary Allowance for iron for infants.

Recipes or product formulations for breads or bread equivalents in Groups I, II and III count only if the amount of flour or equivalent (rolled oats, rye flour, wheat germ, etc.) is two times the amount of sugar or sweetner (honey, molasses, etc.), for example:

| Counts: | Does not count: |
|---|---|
| 1 cup flour, enriched | 1 cup flour (unenriched) |
| 1/2 cup wheat germ | 1/2 cup wheat germ |
| 1/2 cup brown sugar | 1 cup sugar |
| 1/4 cup molasses | |

Commercial crackers are reimbursable only if the sweetner (sugar, dextrose, molasses, brown sugar, honey, etc.) is not one of the first two ingredients, for example:

| Counts: | Does not count: |
|---|---|
| Ingredients: Whole wheat, vegetable oil (partially hydrogenated soybean and palm oils or hydrogenated cocoanut oil) and salt. | Ingredients: Sugar (dextrose), whole wheat flour, vegetable oil, salt, BHT and BHA. |

Cookies do not count as bread equivalent at breakfast, lunch or supper. Cookies meeting the above specifications for bread alternate count may count as bread alternate for supplements no more than two times per week and not more than once during a day to the same child.

In order for donuts to count as a bread alternate, they must meet the above specifications for bread and bread equivalents, and may not contain any sweet or high-fat filling or coating as served.

Commercial crumb and coating mix products, cracker meal, packaged graham cracker crumbs for pies, cookie mixes, cake mixes, tapioca, instant breakfast mixes, breakfast bars, commercial granola bars, pop tarts, toastettes, popcorn, and vanilla wafers do not meet any Program requirements.

Hot cereals with brown sugar or molasses included in the products as purchased do not meet any Program requirements.

An equivalent quantity of any combination of bread or bread alternate, as defined in this section, may be used to meet the bread/bread alternate requirement.

Some of the foods in the bread or bread alternate group, or their accompaniments, may contain considerable amounts of sugar, salt and/or fat. Limit the frequency of service of such items.

Note that these bread and bread alternate requirements are minimum requirements. Service of rice, pasta, or other cereal grain does not prohibit the service of an additional bread or bread alternate item in keeping with good menu planning practices.

Children age 12-18 may be served adult-size portions based on the greater food needs of older boys and girls, but shall be served not less than the minimum quantities specified for children age 6-12.

| MILK, fluid | Infants 0-4 months | Infants 4-8 months | Infants 8-12 months | Child 1-3 years | Child 3-6 years | Child 6-12 years |
|---|---|---|---|---|---|---|
| Infant formula, iron fortified | Meals 4-6 fl oz | Breakfast, Lunch, Supper 6-8 fl oz; Supplement 2-4 fl oz | Breakfast, Lunch Supper 6-8 fl oz; Supplement 2-4 fl oz | - | - | - |
| Milk, whole, unflavored | - | - | Breakfast, Lunch, Supper 6-8 fl oz; Supplement 2-4 fl oz | Meals 1/2 c | Breakfast, Lunch, Supper 3/4 c; Supplement 1/2 c | Meals 1 c |
| Milk, whole, flavored | - | - | - | Meals 1/2 c | Breakfast, Lunch, Supper 3/4 c; Supplement 1/2 c | Meals 1 c |
| Milk, lowfat (2%) unflavored or flavored | - | - | - | Meals 1/2 c | Breakfast, Lunch, Supper 3/4 c; Supplement 1/2 c | Meals 1 c |
| Milk, skim unflavored or flavored | - | - | - | - | Breakfast, Lunch Supper 3/4; Supplement 1/2 c | Meals 1 c |
| Cultured buttermilk | - | - | - | Meals 1/2 c | Breakfast, Lunch, Supper 3/4 c Supplement 1/2 c | Meals 1 c |

To meet program requirements, milk must be served as a beverage or on cereal, or used in part for each purpose.

All milk should contain Vitamins A and D at levels specified by the Food and Drug Administration and as consistent with State and local standards for such milk.

Reconstituted whole dry milk or non-fat dry milk does not meet the milk requirement, except in emergencies and only if approved in advance by the Montana Department of Health and Environmental Sciences.

Ice cream, ice milk, yogurt, cheese, cottage cheese, whipped cream, half and half, non-dairy creamer, malted milks, commerical milk shakes, ovaltine, and commercial instant breakfast products added to milk, do not meet the milk requirement.

Milk used in cooking does not count toward meeting the milk requirement.

Canned or evaporated milk does not count toward the milk requirement, except for infants 8-12 months (an equivalent quantity of reconstituted, canned, evaporated milk may be substituted), and except in emergencies and only if approved in advance by the Montana Department of Health and Environmental Sciences.

Flavored fluid milk may be counted to meet the fluid milk requrement only if:

1. it meets State and local standards for flavored milk (chocolate is the only flavor generally available)

2. the addition to the fluid milk if a required meal component such as orange juice, apple juice, grape juice, banana, peanut butter, etc. (in which case the juice may be counted toward the fruit and vegetable requirement, or the peanut butter may be counted as meat alternate)

3. No sugars (including honey, molasses and malt), syrups, salt, colorings or water may be added to the milk.

Note: Commercial or homemade instant artificial flavoring mixes (chocolate, strawberry, vanilla, etc.) may not be used to flavor milk and have the milk be counted toward the milk requirement.

Children ages 12-19 may be served additional milk based on the greater food needs of older girls and boys, but shall be served not less than the minimum quantities specified for children ages 6-12.

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